

Shabbat Service

Shabbat (Sabbath) is one of the best known and least understood of all Jewish observances. People think of it as a day filled with restrictions or as a day of prayer like Christian Sunday. Shabbat is a precious gift from G-d, a time when we set aside all of our weekday concerns and devote ourselves to higher pursuits. Shabbat is the most important service and it is the only observance instituted in the Ten Commandments.

Shabbat is primarily a day of rest and spiritual enrichment. In modern America, we take the five-day work-week for granted that we forget that in ancient times, a day of rest was a radical concept.

Shabbat involves two interrelated commandments: to remember (zakhor) and to observe (shamor) Shabbat. They are:

זְכוֹר אֶת-יוֹם הַשַּׁבָּת, לְקַדְּשׁוֹ

Zakhor etyom hashabbat lekadesho.

Remember the Sabbath day to sanctify it – Exodus 20:8

By resting on the seventh day and sanctifying it, we remember and acknowledge that G-d is the creator of heaven and earth and all living things. Shabbat frees us from our weekday concerns, from our deadlines and schedules and commitments.

שָׁמֹר אֶת-יוֹם הַשַּׁבָּת, לְקַדְּשׁוֹ, כַּאֲשֶׁר צִוְּךָ

Shamor etyom hashabbat lekadesho.

Observe the Sabbath day to sanctify it – Deuteronomy 5:12

The Torah prohibits work but does not mean precisely the same thing as the English word. The kind of work prohibited is creative or exercise control or dominion over your environment. The quintessential example of this type of work is the work of creating the universe, which G-d ceased from on the seventh day.

Shabbat begins at sunset when two candles are lit and a blessing is recited. This ritual is performed by the woman of the house. Two candles are lit, representing the two commandments discussed above.

Setting the Shabbat table normally will include the following items:

- A Tzedakah (charity) box
- Candle holders and two Shabbat candles
- Kiddush (sanctification) cup(s)
- Wine or grape juice
- Two loaves of Challah
- A hand washing basin

CEREMONY

Sharing Shabbat

We are grateful, O G-d for the heritage of Shabbat and for the companionship of those with whom we have gathered. May our coming together help to banish worry and anxiety, and enable us to share moments of true Shabbat joy.

Giving Tzedakah (Charity)

The concept of tzedakah differs from the English understanding of the word charity, in that while charity is given when the philanthropist is able or otherwise moved to do so, tzedakah is an obligation given by God to all regardless of financial standing or willingness to give, although giving willingly is certainly considered better than giving unwillingly.

ברוך אתה יהוה אלהינו מלך העולם אשר
קדשנו במצותיו וצונו על הצדקה [אמן]

*Barukh atah Adonai Elohaynu melekh ha'olam,
asher kidishanu b'mitz'votav, v'tzivanu al hatezedakah. (Amein)*

**Blessed art thou, Lord our G-d, King of the universe,
who has sanctified us with thy commandments, and commanded us about the Tzedakah.
(Amen)**

Blessing Over the Shabbat Candles

ברוך אתה יהוה אלהינו מלך העולם אשר
קדשנו במצותיו וצונו להיות אור לגויים [אמן]

*Barukh atah Adonai Elohaynu melekh ha'olam,
asher kidishanu b'mitz'votav, v'tzivanu lehiyot or le'goyim v'natan'lanu. (Amen)*

**Blessed art thou, Lord our G-d, King of the universe,
who has sanctified us with his commandments, and commanded us to be a light to the
nations. (Amen)**

Blessing Over the Men (Optional)

(Psalm 112)

Blessed is the man who fears the Lord, who finds great delight in His commands. His children will be mighty in the land; the generation of the upright will be blessed. Wealth and riches are in his house, and his righteousness endures forever. Even in darkness light dawns for the upright, for the gracious and compassionate and righteous man. Good-will comes to him who is generous and lends freely, who conducts his affairs with justice. Surely he will never be shaken; a righteous man will be remembered forever. He will have no fear of bad news; his heart is steadfast trusting in the Lord. His heart is secure, he will have no fear; in the end he will look in triumph on his foes.

Blessing Over the Women (Optional)

(Proverb 31)

A woman of noble character who can find? She is worth more than rubies. Her husband has full confidence in her, lacks nothing of value. She brings him good and not harm, all the days of her life. She opens her arms to the poor, and extends her hands to the needy. She is robed in strength and dignity; she can laugh at the days to come. She speaks with wisdom, and faithful wisdom is on her tongue. Her children arise and call her blessed; her husband also, and he praises her: "Many women do noble things, but you surpass them all".

Charm is deceitful, and beauty is fleeting, but a woman who fears the Lord, is to be praised.
Giver her the reward she earned, and let her works bring her praise at the city gate.

Blessing Over the Children

Blessing For Boys

יְשִׁמְךָ אֱלֹהִים בְּאַפְרַיִם וּבְמַנַּשֶׁה

Yesimkha Elohim ke'efrayim v'khimenasheh.

May G-d make you like Ephraim and Manasseh.

Blessing For Girls

יְשִׁמְךָ אֱלֹהִים כְּסָרָה רִבְקָה רָחֵל וְלֵאָה

Yesimekh Elohim keSarah, Rivkeh, Rachel, v'leah.

May G-d make you like Sarah, Rebecca, Rachel and Leah.

Blessing For The Family

(Numbers 6:24-26)

יְבָרְכֶךָ יְהוָה, וַיִּשְׁמְרֶךָ

יָאֵר יְהוָה פָּנָיו אֵלֶיךָ, וַיַּחַנֶּךָ

יִשָּׂא יְהוָה פָּנָיו אֵלֶיךָ, וַיַּשֵּׂם לְךָ שְׁלוֹם

Y'varekh'ka Adonai v'yishmerekha;

Ya'er Adonai panav eleikha vichunekka;

Yissa Adonai panav eleikha v'yasem l'kha shalom.

The LORD bless thee, and keep thee;

The LORD make His face to shine upon thee, and be gracious unto thee;

The LORD lift up His countenance upon thee, and give thee peace.

The Kiddush – Sanctification

(Genesis 1:31-2:3)

וַיְהִי עֶרֶב וַיְהִי בֹקֶר יוֹם הַשְּׁשִׁי

וַיְבָרֶךְ אֱלֹהִים אֶת הַשָּׁמַיִם וְאֶת הָאָרֶץ וְכֹל צְבָאָם

וַיִּבְרַךְ אֱלֹהִים בַּיּוֹם הַשְּׁבִיעִי מִלְּאֲכֹתוֹ אֲשֶׁר צִוָּה

וַיִּשְׁבֹּת בַּיּוֹם הַשְּׁבִיעִי טָבַל טְלַאֲכֹתוֹ אֲשֶׁר צִוָּה

וַיְבָרֶךְ אֱלֹהִים אֶת יוֹם הַשְּׁבִיעִי בִּיקְדָשׁ אֹתוֹ

כִּי בּו שָׁבַל טָבַל טְלַאֲכֹתוֹ אֲשֶׁר בָּרָא אֱלֹהִים לְהִים לַצְּשׁוֹת

בְּדוֹךְ אֱהָה אֱלֹהֵינוּ טָלַךְ הַצּוֹלָם

בּוֹרָא פְרִי הַגֶּפֶן [אָמֵן]

Vay'hi erev vay'hi voker yom hashishi

Vay'khulu hashamayim v'ha'aretz v'khol tz'va'am

Vay'khal Elohim bayom hash'vi'I m'la'kh'to asher asah

Vay'varekh Elohim et yom hash'vi'i vay'kadeish oto
ki vo shavat mikol m'la'kh'to asher bara Elohim la'asot
Barukh atah Adonai, Eloheinu, melekh ha-olam
Borei p'ri hagafen borei p'ri hagafen (Amein)

And there was evening and there was morning - a sixth day. Thus the heavens and the earth were completed in all their vast array. And on the seventh day G-d completed his work that he had done, and God blessed the seventh day, and sanctified it, because in it he had rested from all his work that God had created to do.

Blessed art thou, Lord, our God, King of the universe,
Who creates the fruit of the vine. [Amen]

Washing the Hands

ברוך אתה יהוה אלהינו מלך הצולם אשר
קדשו במצותיו וצונו על נטילת ידים [אמן]

Barukh atah Adonai eloheinu melekh ha'olam, asher
Kideshanu b'mitzvotav, v'txivanu al netilat yadayim. [Amein]

Blessed art thou, King of the universe, who hast sanctified us with
thy commandments and commanded us about washing the hands [Amen]

Blessing over the Bread

ברוך אתה יהוה אלהינו מלך הצולם המוציא
המוציא לתם מן הארץ [אמן]

*Barukh atah Adonai Elohaynu melekh ha'olam,
ha'motzi lechem min ha'aretz. (Amen)*

Blessed are Thou, Lord, our G-d, King of the Universe,
who brings forth bread from the earth. (Amen)

Note that salt is used to commemorate the sacrifices in the Temple, which were always required to be offered with salt.

Grace After the Shabbat Meal

(Deuteronomy 8:10)

When you have eaten and are satisfied, praise the Lord your G-d for the good land he has given you.